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Demonstrate Occupational Safety and Health Practice Level 4
2 Hours
March/April 2023



THE KENYA NATIONAL EXAMINATIONS COUNCIL

WRITTEN ASSESSMENT

Time: 2 hours

INSTRUCTIONS TO CANDIDATE

*This paper consists of **TWO** sections **A** and **B**.*

*Answer **ALL** questions in section **A** and **B** in the answer booklet provided.*

Marks for each question are indicated in brackets.

Do not write on this question paper.

*Answer the questions in **English**.*

This paper consists of FOUR [4] printed pages.

Candidate should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.

SECTION A [10 Marks]

Answer all questions in this section.

1. Which of the following best explains “safe systems of work”?
 - A. Procedures or routines put in place by an employer that must be followed
 - B. Trained and competent workers
 - C. Risk assessments carried out before work starts
 - D. Personal Protective Equipment provided and worn where necessary
2. _____ is the first step in the risk assessment process.
 - A. Identify who might be harmed
 - B. Decide how the level of risk may be controlled
 - C. Identify any hazards
 - D. Evaluate the risks
3. Your employer must supply you with personal protective equipment in your workplace:
 - A. If you pay for it
 - B. Once a year
 - C. If you need it
 - D. If it is in your contract of employment
4. Safety signs consisting of a blue circle with a white symbol are____?
 - A. Safe condition signs providing you with information
 - B. Warning signs informing you of danger
 - C. Mandatory signs meaning you must do something
 - D. Prohibition signs meaning you must not do something
5. _____are the aims of first aid.
 - A. To prevent accidents happening in the workplace
 - B. Preserve life, prevent injuries worsening and promote recovery
 - C. Airway, Breathing and Circulation
 - D. To record accidents and maintain the first aid kits

6. _____ is the most common injury associated with poor manual handling.
- A. Sprains and strains
 - B. Anaphylaxis
 - C. Contusions
 - D. Fractures
7. In case of fire in a workplace, what action should individual take?
- A. Try to put out the fire
 - B. Raise the alarm
 - C. Find the nearest fire extinguisher
 - D. Finish what you are doing if it is safe to do so
8. Which of the following factors contribute to accidents and ill health in the workplace?
- A. Human factors
 - B. Environmental factors
 - C. Work factors
 - D. All of the above
9. As a minimum requirement, every employer must have? A. One person trained in emergency first aid at work
- B. One appointed person to take charge of first-aid arrangements
 - C. One person trained in first aid at work
 - D. One person with first-aid training appropriate to the particular circumstances of the workplace
10. What should an individual do in case of injury in workplace?
- A. Tell your employer
 - B. Ask the injured person what happened
 - C. Ensure safety for the injured
 - D. Run away from the accident scene

SECTION B [40 MARKS]

Answer all questions in this section.

11. State **two** duties of safety committee in a work place. [2 Marks]
12. Identify **three** instances that a training is needed in a workplace. [3 Marks]
13. Name **four** types of fire extinguishers. [4 Marks]
14. List **five** healthy effects of exposure to radiation. [5 Marks]
15. List **five** importance of first Aid. [5 Marks]
16. Identify **three** categories of approved Occupational Safety and Health training and educational institutions? [3 Marks]
17. Identify **five** rules and regulations that must adhered to at a workplace. [5 Marks]
18. Highlight **five** ergonomic recommendations in a workplace. [5 Marks]
19. Identify **five** general responsibilities of the employer as stipulated by Occupational Safety and Health Act (OSHA 2007) [5 Marks]
20. Identify **three** ways of achieving workplace health and safety [3 Marks]

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